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GABRIELSEN ACADEMY ZINE

A Note From The Editor

The days in November often bring a steady rhythm. Light shifts. Air turns quiet. There is something in this month that invites both activity and inwardness at once. In that spirit, this issue brings together systems from October that carry a sense of balance. The work included here speaks to protection, expansion, guidance, and renewal.

Each piece is part of a larger arc, yet able to hold its own. Whether it is the deepening wisdom of the Seven Archangels or the clarity brought by the Electric Blue and Golden energies, the systems included in this issue have a steady focus. They provide space to move from within. Some bring soft structure. Others work more gently in the background. Each one supports something real and unfolding.

This month's issue also includes a reflection on what makes a zine different from a magazine. That article came from the sense that this work lives in a space that values voice, connection, and care. Zines offer room to explore a personal thread and share it with others. Gabrielsen Academy Zine follows that path. It holds spiritual material in a way that stays close to the reader. It follows the energy of the work, even if that leads somewhere new.

The selections for this issue are drawn from the October systems. They are arranged to speak with each other and offer a kind of rhythm. You can move through them however you like. Some readers focus on one practice deeply. Some explore several at once. Some return to the same system across seasons. All ways of engagement are welcome.

Thank you for spending time here. This space is created with care and attention. May this issue meet you with steadiness and warmth, and support your path in the weeks ahead.

Ole Gabrielsen
Editor, Gabrielsen Academy Zine

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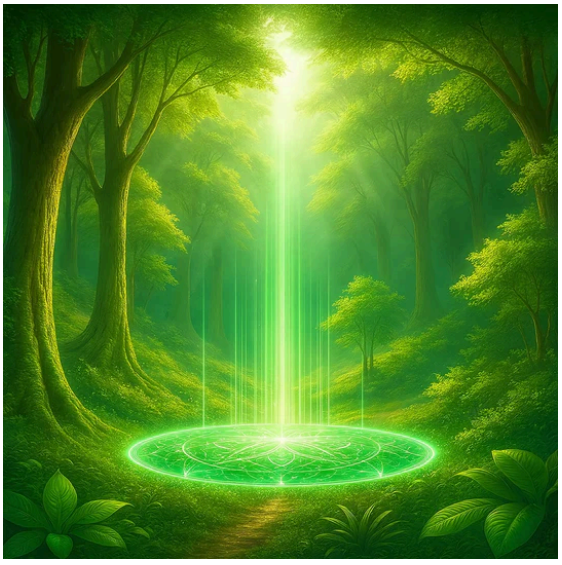
Moving Through October With Focused Light

The October month brings together tools that work with energy in steady and accessible ways. The focus is on support, clarity, and soft activation. The systems can be used individually or allowed to speak to each other, depending on the need. Each one holds a clear role, and when placed together, they shape a field that welcomes attention and daily use.



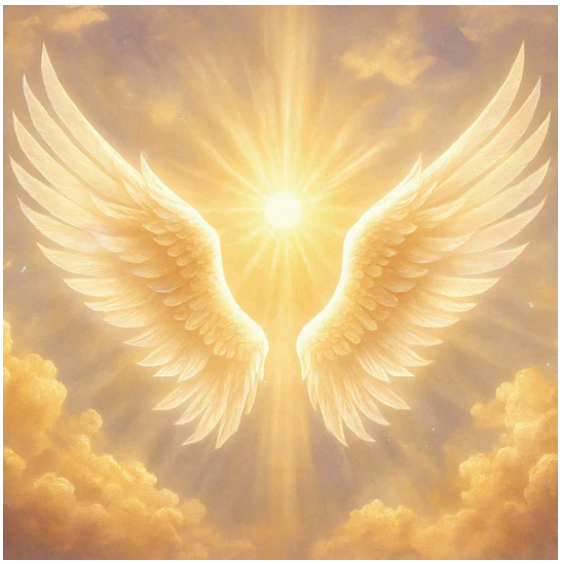
The Neon Green Protection Technique opens the collection. It builds a kind of energy shell that brings definition to space. The field it sets up is clear, stable, and distinct. The function goes beyond basic protection. It creates a spacious sense of interior presence, which can help focus the mind and remove excess noise from the surroundings. This makes it useful not only for energy boundaries but also for when a neutral space is needed to think clearly. It works well as a container for other systems, offering a kind of quiet room around the work.

Following that, the Ethereal Emerald Amulet Technique holds a more grounded tone. Its structure is stable and self-sustaining. The energy moves with ease and feels steady across time. Once set, it supports a calm inner balance and brings a gentle order to both thought and action. The technique lends itself well to consistent daily use, especially in moments that require endurance or clarity of direction. It can also provide a bridge between more expressive tools and the practical needs of daily structure.

The Seven Archangels: Rays of Divine Light expands the scope of this month’s offerings. This is our most comprehensive course to date! It is broad in content and has layers that speak to spiritual presence, direction, and protection. Each ray offers something distinct, and the structure of the course allows for both short and

extended engagement. This release also invites a kind of reflection that can unfold across several weeks, making it a strong anchor system for the month. It may also serve as a way to connect the other techniques into a larger field. The presence of the seven rays supports integration, alignment, and quiet direction across both personal and spiritual work.

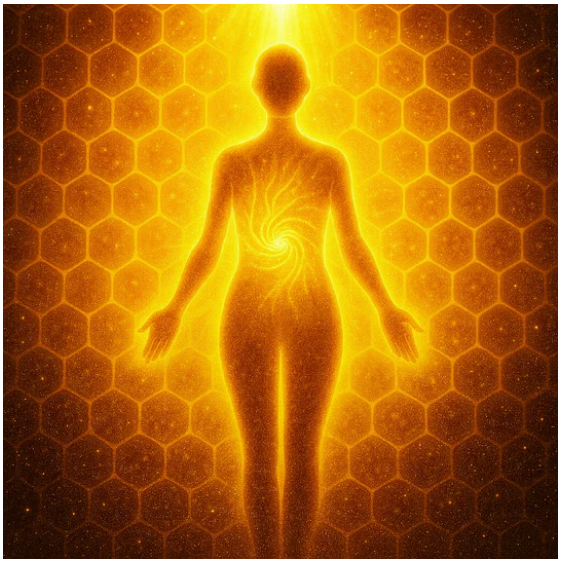
With that in place, the Wings of Freedom Technique brings a lift in energy. The system supports release and openness without requiring force. It clears space gently, making way for fresh thinking and greater lightness in movement. The energy is structured but remains flexible, making it suitable for transition points, new intentions, or light emotional clearing. When used alongside the more protective or anchoring systems, it adds contrast and movement without disruption. It can also bring a sense of forward motion when things feel slowed down or unclear.



Then comes the Ethereal Mother of Pearl Technique. This one brings subtle comfort. The energy softens the inner space and supports quiet emotional balance. There is a smoothness in its flow, and it may help ease transitions between tasks or carry attention more gently across parts of the day. Its use can support inner calm without reducing alertness. This makes it suitable for evening reflection, focused work, or when emotional steadiness is helpful.

The Electric Blue Golden Cylinder Technique carries a stronger vertical quality. The energy moves in a clean, directed flow. It offers strength without weight, which can help establish presence and consistency in focus. The cylinder shape holds a clear field, supporting thought clarity, upright attention, and personal structure. It may also assist when a reliable energy form is needed during work, meetings, or ongoing focus tasks. When paired with the more fluid systems this month, it brings a form of vertical stability that supports quiet momentum.

Closing the month's collection is the Ethereal Golden Yellow Honeycomb Technique. This system is bright without being sharp. Its energy is clean and gently ordered, with a quality that supports both focus and joy. The honeycomb form introduces a pattern that can hold intention across many directions. It is a good fit for people who hold multiple roles or tasks at once. The structure it brings supports clarity in complexity and encourages smooth movement across different responsibilities. Its tone feels both focused and warm, offering a kind of inner organization that feels natural.



Together, these systems offer a range of energy types that move from clarity to comfort to strength. There is space for anchoring, for ease, for reflection, and for soft motion. Each technique contributes to a broader field that values steady engagement and flexibility.

The month's energy feels supportive of small steps and longer views. The combination of the emerald and neon systems with the blue-gold cylinder gives structure. The honeycomb and mother of pearl energies bring softness and flow. The archangel rays widen the scope and bring alignment across systems. Wings of Freedom clears and opens, while also supporting direction.

The techniques in this issue work in layers. They can be used alone or combined. Some may offer immediate clarity. Others may unfold more slowly,

with effect building over time. This range allows for flexible use across different personal needs and routines.

Whether the focus is rest, focus, emotional steadiness, or broader alignment, there is something in this group that can support it. Each technique is ready to be engaged as needed, with space for quiet shifts and clear attention.

Archangel Gabriel Elixir for Clarity, Creative Expression, and Divine Communication

Course lesson from the The Seven Archangels: Rays of Divine Light.

An oil or water elixir infused with the energy of Archangel Gabriel is a luminous support for inner clarity, clear communication, inspired creativity, and divine alignment. Gabriel is the archangel most associated with divine messages, spiritual truth, creative birth, and guidance during transitions. His frequency carries a crisp, elevating quality that cuts through confusion and uplifts the soul. Creating a vibrational elixir attuned to Gabriel allows you to carry his illuminating presence with you, offering a source of calm insight and expressive power whenever needed.

To create your Gabriel elixir, begin with a clean glass bottle. If making an oil, choose a neutral carrier oil such as jojoba, coconut, or grapeseed. For a water elixir, use purified or spring water in a spray or dropper bottle. Hold the bottle in both hands and bring your attention to your breath and your heart. Allow yourself to settle. Then, speak out loud or in silence, “Archangel Gabriel.” Focus on calling in his energy of purity, clarity, and divine expression. Visualize a stream of brilliant white or pearlescent light flowing from above, entering through your crown and heart, and streaming into your hands. This light then infuses the liquid, charging it with Gabriel’s vibration. Hold this focus for about twenty seconds or until the light feels complete. When finished, label your elixir with a name such as “Gabriel Clarity Mist” or “Gabriel Voice Oil.”

This elixir can be used in many spiritual or healing settings. One of the most effective ways is before any form of communication or expression, writing, speaking, teaching, or channeling. Apply a few drops of the oil to your throat, temples, or third eye before beginning. This supports clear thinking, aligned speech, and confident sharing of your message. Gabriel’s presence is also helpful in creative sessions, so mist your space or anoint your hands before starting a project or meditation to invite inspiration.

During energy healing or Reiki, this elixir can be used to open the throat chakra and enhance the client’s connection to their inner voice. Apply it gently to the neck area or mist the

space before or after a session. Gabriel helps clear communication blocks, especially those tied to old wounds of not being heard or fear of self-expression. His energy brings a gentle courage and supports a return to truth.

This elixir is also helpful for spiritual teachers, intuitive guides, or anyone who channels guidance. Before beginning a session, anoint your crown or throat and ask Gabriel to oversee the transmission of messages. His presence enhances clarity and ensures that communication is aligned with divine will rather than personal distortion. You may also wish to hold the bottle while silently asking for insight or direction. Gabriel often delivers guidance through flashes of inner knowing or a sudden feeling of certainty.

In your personal practice, the Gabriel elixir can support rituals of self-reflection, journaling, or soul inquiry. Apply a drop to your heart or third eye before writing or speaking your truth, even if it is only to yourself. Gabriel's light helps dissolve self-doubt and reveal what needs to be said or seen. His energy is especially potent when used during spiritual cleanses, helping to clear psychic clutter and illuminate the path forward.

A water-based Gabriel mist can be used to cleanse and elevate the atmosphere of your home or workspace. Spray it around your altar, meditation area, or creative zone to invoke peace, purity, and focus. This is especially beneficial after arguments, confusion, or creative block. Gabriel's presence resets the space with clarity and higher alignment, making it ideal for rituals of release, intention-setting, or communication.

Gabriel is also the archangel of birth and transitions, both literal and symbolic. You may use the elixir during rites of passage, including new beginnings, endings, or times of reinvention. Mist your body or anoint yourself when preparing for change, as a way of inviting divine order and guidance. Gabriel supports smooth transitions, helping you carry your truth into the next phase with grace.

If you are working with affirmations, declarations, or sacred mantras, the Gabriel elixir can amplify your voice and intention. Apply to the throat chakra or third eye before speaking your words aloud. Say something like, "I speak my truth with clarity and love" or "My words are aligned with divine purpose." The elixir acts as a bridge between inner knowing and outer expression.

For those who experience nervousness around public speaking or being seen, Gabriel's energy offers gentle encouragement. Before a talk, ceremony, or social engagement, use the elixir to ease fear and ground your message. His presence brings calm confidence and helps you connect with others from an authentic place. He reminds you that your voice is sacred and your truth is needed.

To deepen your connection with Gabriel while using the elixir, speak a brief invocation such as:

“Beloved Archangel Gabriel, divine messenger and guide, fill this oil (or mist) with your sacred light. Clear my mind, open my voice, and align my path with truth. Let my words reflect clarity and compassion. Help me remember who I am and what I came to share.”

Gabriel’s frequency is crystalline, pure, and uplifting. It gently lifts away confusion and fear, revealing the clarity that already lives within you. By carrying an elixir charged with his essence, you create a touchstone for divine communication throughout your day. Whether used in ritual, teaching, healing, or creative practice, a Gabriel elixir becomes a sacred reminder that you are always supported, always guided, and always free to speak your truth.

The Real History of Halloween

Halloween did not begin as a night of jump scares, plastic skeletons, or sugar highs. It formed over centuries from seasonal rituals, Christian observances, immigrant traditions, and eventually pop culture. The modern holiday is mostly a blend of the Gaelic festival Samhain, the Christian observance of All Hallows' Eve, and later customs like souling and guising that evolved into trick or treating.

Here is how that happened.

1. Samhain: a doorway between seasons and worlds

The oldest root of Halloween is Samhain, a Gaelic festival celebrated in Ireland, Scotland, and the Isle of Man. Samhain marked the end of harvest and the start of winter, which people saw as the dark half of the year. It began on the evening of October 31 and continued into November 1.

Samhain was about survival, protection, and respect for the dead. Communities gathered livestock, prepared for cold, and lit large bonfires that were believed to cleanse and protect people for the coming winter. Food and drink were sometimes left out as offerings, either to ancestors or other wandering spirits. This was because people believed that at Samhain the boundary between this world and the spirit world thinned. The dead and other supernatural beings could move among the living more easily.

Costumes begin here. During Samhain some people went out at night in disguise, sometimes wearing animal skins, soot, or masks. The purpose was not cute dress up. It was more like spiritual camouflage. If something dangerous was walking around, you wanted to blend in so it would not bother you.

People also used Samhain for divination. They played games, often with apples and nuts, to try to predict the future, especially love, luck, and who might marry whom in the coming year. So even in very old times you already see familiar Halloween themes: firelight, disguises, spirits, fortune telling, nighttime gatherings.

2. The church steps in: All Hallows' Eve

Centuries later Christianity layered itself on top of these late autumn traditions.

By the early Middle Ages the Western church had created a feast day called All Saints' Day, also called All Hallows, to honor all saints and martyrs. That feast was placed on November 1. The evening before the feast was the vigil, known as All Hallows' Eve. Say that quickly and you get Halloween.

The church also encouraged prayer for the dead. The season around Halloween became a three day period sometimes called Allhallowtide: All Hallows' Eve on October 31, All Saints' Day on November 1, and All Souls' Day on November 2. During these days people prayed for the souls of the departed, visited graves, lit candles, and asked for mercy and protection.

This is important. The church did not completely erase older customs. Instead it reframed them. Samhain had already been a moment to acknowledge the dead and the unseen. All Hallows' Eve placed that same emotion inside a Christian story: instead of wandering spirits in general, the focus became saints, souls in purgatory, and the promise of heaven. The result is that Halloween is not purely pagan and not purely Christian. It is both at once.

3. Medieval customs: souling, guising, and going door to door

In the Middle Ages we start to see traditions that look very familiar today.

On All Hallows' Eve and All Souls' Day, poorer people, including children, would go door to door and ask for food in exchange for prayers for the household's dead relatives. This was called souling, and the small round cakes they were given were called soul cakes.

In Scotland and Ireland there was also a custom called guising. People, often children, would dress in costume and go house to house. Instead of simply asking for a treat, they would perform. They might sing, recite verses, tell jokes, or do a little trick in exchange for food or coins. Wearing a disguise was part of the deal. That tradition connects back to the Samhain idea that a mask keeps you safe and also lets you cross boundaries. You are yourself, but you are also playing a character.

Another familiar element appears here: carved lanterns. People in Ireland and Scotland carved faces into hollowed out turnips and placed candles inside. There is a folk story about a character sometimes called Stingy Jack, who was cursed to wander with only a carved turnip lantern to light his way. Over time this becomes the jack o lantern tradition.

By this period you already have most of Halloween's building blocks: costumes, knocking on doors for treats, spooky light, and a focus on the dead.

4. Halloween crosses the Atlantic

In the 1800s large numbers of Irish and Scottish immigrants brought these customs to North America. They brought the disguises, the door to door visits, the mischief, the storytelling, and the seasonal bonfires and parties.

Early North American Halloweens were not always gentle. In the late 1800s and early 1900s Halloween night could involve pranks, property damage, or just general chaos. City governments and community groups tried to calm that down by steering the holiday toward structured parties, parades, and activities for children.

North America also changed the look of Halloween in one huge way: pumpkins. Pumpkins were native to the Americas and much easier to carve than hard turnips. Immigrant lantern carving quickly switched from turnips to pumpkins, and the glowing orange jack o lantern became the visual symbol of Halloween.

5. Trick or treating becomes the main event

By the 1920s and 1930s you can find reports of children going house to house in costume in Canada and the United States. The phrase trick or treat became common in the 1930s. The basic deal was, give us a treat and we will not play a trick on you.

After World War II, two forces made trick or treating explode: suburbs and candy companies. Suburban neighborhoods made it easy and relatively safe for kids to go door to door, and mass produced candy gave adults an easy, standardized treat to hand out. By the 1950s and 1960s Halloween had settled into what a lot of people think of as the classic version. Costumes, doorbells, pillowcases full of candy.

From there Halloween spread through movies, TV specials, cartoons, and marketing. Haunted houses and horror films leaned into fear, blood, witches, monsters, and ghosts. At the same time schools, churches, and community centers ran harvest festivals and family friendly costume parties. That mix of spooky and wholesome is basically how Halloween works now in a lot of places.

6. So what is Halloween really about

If you look past the plastic skeletons, Halloween has always circled the same few ideas.

1. The turning of the year. Samhain marked the shift from the light half of the year to the dark half. Winter was dangerous. People used ritual and fire to ask for protection.

2. Honoring the dead. All Hallows' Eve and the following days focus on remembering saints, loved ones, and all the departed. The holiday has always had a built in moment of grief and respect.

3. Protection and play. Wearing a disguise began as spiritual defense. Over time it became performance, comedy, and creativity. Today the costume can be scary, funny, cute, or powerful. It is still a way to step

into a role for one night.

4. Community. Souling and guising in the Middle Ages were about visiting neighbors and exchanging prayers, songs, and food. Trick or treating today is still about walking the neighborhood and having doors open to you.

So is Halloween really a scary holiday. Not at its core. It does live beside fear, because it stares right at death, winter, and the unknown. But the original point was not terror. The point was to face the dark together, honor the dead, and make the living world feel safe for one more year.

What Is The Difference Between a Zine And a Magazine?

Photo: "UK and US zines," by Burn_the_asylum (2005). Used under CC BY-SA 3.0. Source: Wikimedia Commons.

A zine is a small, self-published booklet. The word zine comes from magazine, and over time it grew into its own form. A zine is usually created by one person or a small group. It is often printed at home, folded and stapled by hand, and shared in small batches. A zine can be eight pages or much longer. Some are in black and white. Some are full color. The style depends on the maker and the message they feel ready to share.

At the heart of a zine is a voice. A zine says, here is what I care about, here is what I see, and here is what I feel called to offer. Topics can include healing, spiritual practice, art, music, personal history, dreams, body wisdom, herbs, angels, or any subject that feels meaningful. The tone often feels direct and personal, almost like someone sitting with you and speaking quietly in their own way.

A magazine is usually larger and more structured. A magazine often has a team of editors, designers, writers, and photographers. Many are printed in professional facilities and released on a steady schedule, such as every month. They are often sold in stores, mailed to subscribers, or published online to many readers. The pages are designed in a clean and planned layout. The images are usually high quality and styled.

Magazines aim to speak to wide audiences about themes such as travel, fashion, health, culture, or lifestyle. They use clear structure so readers know what to expect from issue to issue. The cover is created to attract attention and highlight the main story. Inside, articles share a unified tone and visual style.

Zines often appear very different on the page. A zine may include rough collage, tape marks, handwritten notes, free-form sketches, stamps, or cut-out text. Some look polished and typed. Others feel like a scrapbook or a notebook. There are no required layout rules. One page may hold only a short sentence. Another may hold symbols, drawings, or prayers. This freedom gives the creator room to shape the pages based on feeling and inspiration.

Both zines and magazines can share knowledge, inspire change, offer comfort, or spark creativity. Both can hold interviews, stories, reflection, and guidance. Both can help people feel

seen. They simply move in different ways.

A zine's voice often feels close and personal. It feels like someone handing you something made by their own hands. Many creators print, fold, and staple their zines themselves. They might give copies to friends, include them with orders, leave them in cafés, or trade them by mail. A zine creates small circles of attention and care.

A magazine often speaks from a broader platform. The voice is steady across articles, shaped by an editorial team. This gives readers a familiar tone and subject focus. Magazines can reach large audiences and shape culture through trends and shared topics.

A zine offers a flexible form. One issue can explore dreams and rest. The next can offer drawings of plants and short teachings. The next can center on one theme, such as spiritual grounding or gentle recovery. The creator chooses the direction each time. There is freedom in this.

A magazine usually stays within a familiar subject area so readers feel clear about what they will receive. This helps with reach and scale. A zine shifts based on the inner movement of the creator. It serves expression and connection with care.

A Very Short History of Zines

Zines have roots in early hobby clubs and fan writing. In the 1930s, science fiction fans began making small homemade booklets to share ideas and stories. Later, zines became a strong part of underground music scenes, especially punk, beginning in the 1970s. They spread through mail, music shows, and community meetups.

Over time, zines also became important in art communities, spiritual communities, and identity movements. People used them to speak freely, explore ideas, and share support without needing permission from a large publisher. Zines still carry that spirit. They travel through hands, libraries, small shops, and personal circles. Each one holds a unique voice shaped by the creator's world.

Zines in Spiritual and Healing Work

Zines fit well with spiritual and healing practice because they allow gentle and truthful expression. They hold space for insight, prayer, reflection, and personal growth. A zine can share energy work, grounding practices, quiet moments, and messages that come from inner guidance. The form welcomes sensitivity and presence.

The Gabrielsen Academy Zine lives in this space. It shares energy-based systems and spiritual material in a calm and personal tone. The topics shift as the work evolves. The pages create room for rest, inspiration, and steady attention. The layout does not rush. The reader is invited to move in their own pace and follow what feels meaningful.

This creates a doorway into each moment of the practice. Every issue holds a feeling, a rhythm, and a tone. Tone brings nervous system ease. Tone brings support and presence. This helps the work reach the reader in a gentle way.

Zines offer room for honest voice, clear care, and self-guided exploration. They honor the quiet places where true change often begins.

A Question for You

If you made your own zine, what would it explore? Would it speak about healing, family, energy, devotion, art, or a message you feel ready to share? What page could you create today, even if it is simple and small? One page is already a beginning.